

CERTIFICATE OF PARTICIPATION

This is to certify that

Grant Lundwall

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 07:53:01

PACE 08:36/km

OVERALL 43 of 248

GENDER 35 of 172

40 - 49 12 of 59

30 August 2025, Sat

Date



BoutTime

Signature

